

MRT Full Body 11

Movements: Squat/Lunge/Push/Pull/Bend/Twist/Single Leg/Core
Equipment Needed: Mini-Band, Kettlebell or Set of Dumbbells.

WARM UP

- Jog in Place: :30 HR 65-75%
- Jumping Jacks: 20 reps. HR 65-75%
- Walking Lunges: 15 on each leg. HR 60-70%
- Walking Opposite Arm/Opposite Leg, hamstring stretch: 15 on each leg. HR 60-70%
- Mountain Climbers: 20 reps. HR 70-85%
- Explosive Skips: 10 each side. HR 70-80%
- Karaoke Running Drill: 2 laps. HR 70-80%
- 10 High Knees-1 Push up: 10 reps. HR 80-90%
- 10 Booty Kicks-1 Crunch: 10 reps. HR 80-90%

LOWER BODY MINI-BAND EXERCISES

- Banded Lateral Walks: 20 steps each side. HR 60-70%
- Banded Step Backs: 20 reps on each leg. HR 60-70%
- Banded Lateral Walks: 20 steps each side. HR 60-70%

RESISTANCE/EXPLOSIVE EXERCISES

- Corrective Lunge (with broom stick): 10 PERFECTED LUNGES.
- Corrective Push Ups: 10 PERFECT PUSH UPS.
- Corrective Squats: 10 PERFECT SQUATS.
- Alternating Lateral Lunges: 15 reps. each leg. HR 70-80%
- Clapping Push Ups: 20 reps. HR 80-90%
- Kneeling Jumps to a Squat Jump: 15 reps. HR 80-90%
- Alternating Jumping Lunges: 15 reps each leg. HR 80-90%
- Bear Crawl Square followed by 5 push ups: 3 squares one direction, 3 squares the other direction. (30 total push ups). HR 70-80%.
- Side shuffle touch with a Squat (3 to the right/3 to the left): 1:00. HR should reach 90-95%!
- Plank Challenge: 1 Plank to failure. Record your time.
REST 1-2 minutes.
- Do all exercises 4-5 sets for 12 reps per exercise.
- Kettlebell Or Dumbbell Bent Over Rows. 12 reps. HR 75-85%.
- Dumbbell Single Leg Box Lunge(back leg is on the box): 12 reps on each leg.HR 75-85%.
- Dumbbell Kneeling Wood Chops: 12 reps on each side. HR 70-80%.

METABOLIC CONDITIONING

Heart Rate (80-90%)

-Rep count. (20/20/20/10). Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 20 reps. Rest 1:00. Do all exercises 10 reps. Understand?

- A) Bicycle crunches (fast).
- B) Push-ups (fast).
- C) Dumbbell Overhead Punches.
- D) Skater Jumps.
- E) Light Dumbbell Hammer Curls.
- F) Russian Twists.

CARDIO

30 minutes of steady state cardio.
HR 70-75%

STRETCHING

- Standing Quad Stretch (R/L)
- Wide Stance Hamstring Stretch
- Right and Left Groin Stretch
- Squatted Butterfly Stretch
- Arm Across the Body (R/L)
- Open Chest Stretch with Neck Roll
- Big Bow

GREAT JOB